A

SHORT TREATISE

ON THE

All-cleanſing,—all-healing,—and all-invigorating

QUALITIES

OF THE

SIMPLE EARTH,

When long and repeatedly applied to the naked Human-Body and Lungs, for the ſafe, ſpeedy, and radical Cure of all Diſeaſes, internal as well as external, which are, in their Nature or Stage, ſuſceptible of being cured;—for the preſervation of the Health, Vigour, Bloom and Beauty of Body and of Mind;—for rejuvenating the aged and decaying Human-Body;—and for prolonging Life to the very longeſt poſſible Period.

TO WHICH ARE ADDED,

A DESCRIPTION of the beſt Kinds of Soil, or Mould, and Situations,—and of the beſt Methods of conducting this moſt efficacious, and moſt ſalutary Practice of

EARTH-BATHING;

And a free Critique on the regular Profeſſors or Teachers, and Practiſers of Medicine, Surgery, &c.

Being the firſt Book or Pamphlet that ever was publiſhed in the World on the Subject of Earth-Bathing.

By JAMES GRAHAM, M. D.

NEWCASTLE UPON TYNE:

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SHORT TREATISE,

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All-Cleanſing,—All-Healing,—and All-Invigorating Qualities

OF THE

EARTH,

When long and repeatedly applied to the Naked Human-Body and Lungs.

EVERY perſon who has read attentively the travels and the voyages that have been publiſhed in Europe, in the courſe of the preſent century; and eſpecially all medical, naval, military, and mercantile men, who have been in the Eaſt or Weſt Indies, in Africa, or in America, muſt recollect that EARTH-BATHING, or Animal purification, ſtrengthening, or vegetation, that is, immerſing or placing the naked Human Body, up to the chin, or lips, or rather covered up over the head, but leaving the eyes and noſe uncovered for ſeeing and breathing freely, in freſh dug up Earth, or in the Sand of the Sea-ſhore, for three, ſix, or twelve hours at one time, and repeatedly, hath been recommended, and actually practiſed, with conſtant, aud with *infallible* ſucceſs, by Sea-faring Foreigners, as well as by the natives of Great Britain, not only as the ſpeedieſt, and moſt infallible cure of the worſt and moſt hopeleſs caſes of the Sea-Scurvy, and Dropſy; but alſo for the certain cure of Leproſies, Rheumatiſms, Conſumptions in their firſt ſtages, and of that moſt violent, and by all other means moſt incurable, and moſt fatal of all Spaſms, Convulſions or nervous afflictions, to which the Human Body is liable, called by Phyſicians, tatanus & triſmus, or a ſudden and univerſal Spaſm, or rigidity of the whole Body, and Limbs, and lock'd Jaw, which ſo often happens in the Eaſt and Weſt Indies; and for the cure, or even ſmalleſt remiſſion of which, the warm Bath, Mercury, Camphor, Muſk, Æther, prodigiouſly great quantities of Opium, and all other Antiſpaſmodics, as they are called, generally, or I may ſay, *always* proved ineffectual.

By the above facts, which have hitherto in the Books, and by the Travellers alluded to, been but very ſlightly mentioned, (their conſidering Earth-Bathing, I ſuppoſe, as a very barbarous and dangerous practice) by two or three inſtances, which I had heard related, with no ſtreſs, nor good authority, of cures being wrought in Britain, in caſes of perſons being tormented and almoſt devoured by innumerable ſwarms of Lice, in the moſt inveterate Scurvies and Itch, and in all other cutaneous Foulneſſes, by means of the patients *ſtanding* naked, two or three times, for twelve hours each time, up to the lips, in a freſh made hole in the Earth, and with the Earth put in cloſe contact with every part of their Body and Limbs;—by reflecting on what is well known to every old woman, plough-man, cock-fighter, and ſchool-boy; namely, that only ſmelling to the Earth, or following the plough, are wonderfully refreſhing, reſtorative, and exhilirating, eſpecially in Aſthmas, Conſumptions, and nervous weakneſſes and waſtings;—and that when a cock has ſeemingly been *killed* by his antagoniſt cock,—or by the more ſavage and wanton barbarity of men, throwing and knocking them down

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with ſtakes, they have been even in a few minutes reſtored to life, and to ſtrength, by only cutting out a thick and deep turf, and putting the cock's head and neck into the hole in the freſh Earth, for a quarter or half an hour; by conſidering that the Earth of even a ſmall cloſe city Church-yard, takes to pieces and ſweetens ſo many thouſand dead corpſes—ſo many thouſand great ſacks of corruption, diſeaſes, and death, and yet itſelf remaining vital, ſweet, and ſalutary;—by the great love and admiration which I have ever had for ſtudying and following the ſimplicity of Nature, in regard to the preſervation of health, and the cure of diſeaſes; and above all, by the expreſs declaration of God Himſelf! in His Sacred revealed Word, that Man was originally formed of the Earth; by the united force and cogency of all theſe facts and conſiderations, I was, as it were, inſenſibly led, about ſeven years ago, to ſtudy more and more the nature and qualities of this Earth, or that great maſs of matter, upon whoſe ſurface we dwell, and towards the centre of which every thing belonging to it gravitates, through which all the other elements percolate, filter, or paſs,—and in which, with their ſeminal forms and principles, they ſilently and harmonioufly repoſe, till awaked and called forth in due ſeaſon, meaſure, and proportion by Nature! the unerring and ever-working Artiſt of God! to form and to animate all mineral, vegetable, and animal ſyſtems.—SYSTEMS! I call them, for *every*, even the minuteſt ſeed, is an egg, in which myriads of myriads of others are wrapt up, nay, every egg is a little world in itſelf; and we may ſtill go farther, and ſay, that each, and every individual organized thing, *in* and *on* this Terraqueous Globe, is a complete and perfect (though to us who ſee and know comparatively *nothing*) an almoſt inviſible and incomprehenſible epitome or compendium of the whole world, and perhaps of the whole Univerſe!

Nay, what if I ſhould go ſtill farther, and call the Earth itſelf, a great, an huge Animal, or living Syſtem, of an *unique* ſpecies indeed, and inhabited as all other animals are, by millions of myriads of leſſer animals,—and were we not to the contrary informed, by that Divine Revelation that cannot err nor deceive, I would be inclined to ſay, that this huge Animal, the Earth, upon which we crawl, and caper, and ſport, and fret,—was created not ſix thouſand, but perhaps ſixty millions of years ago,—or perhaps from all Eternity; for I think no very obſerving, philoſophical, liberal minded, and freely-ſpeaking man can doubt, but that every part of this Globe, even the tops of the higheſt and moſt inland mountains have already, at ſome period of time or another, been the bottom of the Sea,—and *that* in the ordained, and indiſpenſibly neceſſary courſe of Nature! abſtracted from the intervention of the general Deluge, in the days of Noah!—Yes. There certainly *has* been a time, when this Iſland of Britain was part of the Continent of Europe; and even when Europe and America were one Continent, undivided by what we *now* call the Atlantic Ocean. Alas! to poor, blind, peeviſh, yet haughty and preſuming men, theſe things ſeem great or impoſſible,—but with God! and in the revolution of a very long ſeries,—I had almoſt ſaid of infinite ages, they are nothing;—and for the very exiſtence, fruitfulneſs, and well being of the earth, and of its inhabitants—theſe revolutions, marine impregnations or incubations, are indiſpenſably neceſſary. Even in our *own* time, we have ſeen old iſlands diſappear, and new ones ariſe; and on many parts of *our* little Iſland, where one hundred years ago, ſhips rode, the farmer *now* follows his plough,—and in nutritious waves the golden corn undulates: *and the contrary*,—that is to ſay, over many fields and valleys, where even an hundred years ago, corn grew, and cattle fed,—ſhips now ſail, and fiſhes ſwim.

But to return to prove, agreeable to the general analogy of things, that the Earth itſelf is an huge Animal, or living Syſtem, and that even the whole Univerſe is one great ſyſtem or machine, ſimple in reality, yet to all created Beings, ſeemingly infinitely complex, or compounded of infinite circulations, and of innumerable wheels within wheels, in the centre of each of which wheels, and in the centre of every atom of which the ſtupendous aggregate is compoſed, ſits, inviſibly, a ſpark of God's wiſdom, power, and goodneſs! harmonioufly and unerringly directing all to one great end or purpoſe, by means and ways, though to *us* totally inviſible and inconceivable, yet moſt perfectly conſiſtent with the

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exiſtence and happineſs of the whole, and clearly and loudly declarative of His infinite wiſdom, power, goodneſs, and glory!

As the baſis or ſupport of *our body*, which is properly enough called by the wiſe ancients, "the microcoſm or little world," is bones,—ſo the EARTH has *its* internally ſupporting baſis, like ours, of different figures and denſities, in what we call veins, or more properly *ribs* of ſtones and metallic ores. The Alps, Pyrenees, and other mountains are the more prominet proceſſes of its back-bones. It has too, its fleſhy parts; its *proper* arteries and veins; its ſkin; its hair, and other excreſſences; its INhaling and *ex*haling veſſels;—it takes in too, its proper food, which it digeſts, concocts, diſperſes, and aſſimilates to *every* part; it *ſe*crets and it *ex*cretes;—we prick its veins in ſinking mines, pits, wells,—and its ever circulating blood, continues ever after to exude, and to flow; we cut iſſues in the earth; for through ditches and ſewers its ſtagnant, groſſer, and diſeaſed fluids are drained off. The body of the Earth too, like the human, and all other bodies, is condenſed and rarified by the alternations of cold and of heat. It ſhakes and it ſhivers; *Now*, it drinks in vital air at its capacious lungs,—and celeſtial ſpirits at every external pore; and anon it breathes *out* the contaminated air—the vile phlogiſton, from its Ætnean and Veſuvian lungs, and from its Grotto del Cano and other pores;—periodically does its bowels grumble, and its voracious jaws opening in what we call earthquakes, relieve for a while all the *other* parts of Nature, by hundreds of thouſands of US, the all-tormenting and all-deſtroying reptiles, or Demons of the Earth, being ſwept away and ſwallowed up, on the eruption of its electrical aura or ſulphureous fires, and impriſoned air,—whether of the rarified atmoſpheric, or of the fixed, mephitic, fetid, inflammable, or phlogiſticated kinds.—The Earth, moreover, like other animals, vomits, and purges, and ſtales;—and we are ſo very fooliſh, abſurd, blind, and depraved of taſte, as to eat and drink, for the imaginary preſervation of our health, and for the vainly expected cure of our diſeaſes, her acrid, ſaline, and ſulphurous excrements in foſſile and mineral medicines, at Seltzer, Scarborough, Cheltenham, Bath, Harrowgate, Moffat, &c.—in miſtaken preference to the pure, balmy, pellucid milk, from her everflowing breaſts at Pyrmont, Briſtol, Buxton, and at every good common ſoft ſpring, and river, in the world; and eſpecially on its firſt deſcent from its celeſtial country, in the ſpring and ſummer rains and dews, the ſeaſons in which nature is obviouſly moſt kind, loving and prolific!—*theſe*, the SIMPLEST waters! eſpecially the vernal and ſummer rains and dews, if catched in clean veſſels, in open plains, or on mountain tops, far from *great* Towns, and properly preſerved in wooden or in earthen veſſels, in the boſom of the Earth, would be infinitely more conducive to the preſervation of Health, and to the cure of all diſeaſes, when judiciouſly uſed internally and externally, than all the acrid, tearing, heterogeneous, metallic, ſaline, ſulphurous, and fetid waters, that are ſo much eſteemed—becauſe they are ſo far fetched, ſo dearly bought,—and becauſe, *mercifully*, they are ſo very uncommon, when compared to the very univerſal preſence of the far more neceſſary and more valuable, pure, ſoft, live—and health-giving common water.

That the Earth is a moſt fruitful *Parent*, *rearing*, and *watching* over her innumerable offspring with far more than *human* care, is witneſſed every moment by all our ſenſes; and as WE are torn and convulſed with violent bodily paſſions, and mind-deforming emotions, ſo, likewiſe, the terraqueous Globe has ITS ſtorms and its tempeſts, that agitate, pierce, and deform both its face, and its INmoſt parts. The Earth too hath its ſympathies, and its antipathies. It hath its kind and genial, and its churliſh and auſtere fits. It is ſullen, unfruitful, and unlovely, in the frigid and in the Torrid Zones; but ſhe loves to appear in her ſweeteſt ſmiles, and in her gayeſt dreſs, in theſe temperate European regions, and in that medium and moderation which beſt comports with our happineſs, and which nature conſtantly endeavours in every part of her boundleſs dominions to maintain:—and, finally, as the human body hath its gradual growth, achmé, decay, and diſſolution,—and as good men are to have a reſurrection of a pure, ſpiritual, immortal, and more glorious body, *ſo* we are promiſed that by fire, at the final conſummation of all the things belonging to our Earth and Syſtem, we are likewiſe promiſed a new purified, chryſtalline Earth, and a new Heaven!—*that is*,

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not only univerſal chriſtian purity, love, and holineſs, but alſo a conſtantly clear and ſerene ſky or atmoſphere, ſuitable to the *then* purified and pellucid Earth; and this purification and calcination of the old caput mortuum Earth; and *re*-creation or appearance of a new Chryſtalline Earth, is expreſsly fore-told in the Sacred Scripture, the revealed word and will of that tremendous Omnipotent Being! whoſe power and providence, in the ſame book, is very aptly, and to our purpoſe, compared to "Fullers's Soap, and to a Refiner's fire."—After thus running on at ſome length, with my compariſon of the Globe of the Earth to a huge, prolific, and NOT irrational animal, I may be indulged with the liberty of drawing the whole of what I have ſaid to one point of view, and farther to repreſent our World or Syſtem, as a Creature of an *ambiguous* nature, and as partaking of *both Sexes*. The *higher* part of our ſyſtem, namely, the celeſtial, being active and *maſculine*; the *lower*, or more groſs *elementary* part,—of the paſſive and *feminine* nature. As the globe of the earth then is the wondrous and capacious womb, in which the all-engendering ſeed of Heaven is eagerly received and faithfully *kept* for innumerable, moſt kind, and moſt obvious purpoſes;—I may finally be allowed to remark, that as from the upper maſculine part proceed the Light, Serenity, Life, and Strength of our Syſtem,—ſo, from the lower or female part, (as *alas!* from too many *other* female parts) do iſſue fires and Ætnean or Veſuvian furors, corruptions, diſeaſes, diſcords, deſolations, and Death.

But to return to our propoſed, and more immediate intereſting ſubject, the *nature* and medicinal QUALITIES of the Earth. The train of thinking, or of obſervations and reflections, which led me to imagine that the Earth is the grand receptacle, and the balmy harmonious bed of all the *known*, and of all the UNKNOWN Elements and influences, and that the judicious uſe of it, in what I call earth bathing and *breathing* or inhaling its virtues at the lungs, and at every pore of the body and limbs,—might prove at once the grand *Preſerver*, and the ſovereign *Reſtorer* of Health, were the following.

I conſidered that ſuch is the wiſdom, the power, and the goodneſs of God! and ſuch the frugal œconomy of his bountiful and all-operating foreman or artiſt nature, and that as nothing was created in vain, ſo nothing in the immenſe, yet compact and harmonious ſyſtem of the univerſe is loſt or annihilated;—inſomuch, that certainly there is *not* one atom of earth, one drop of water, a thimbleful of air, nor a ſpark of fire in the world, nor perhaps in the univerſe, at this moment, nor ever will be, neither *more nor leſs*, than there was at their FIRST creation. For whatever is removed by Nature or by Art from one part of our terraqueous Globe or Atmoſphere, is neceſſarily depoſitated in ſome other part. In conſequence of *this*, I conſidered our common mother the Earth, as being the multifarious, well conditioned, and well diſpoſed womb of all viſible things—impregnated with the ſeeds or ſtaminal principles of all things; at the ſame time ever teeming—and ever bringing forth by the potent and ever penetrating maſculine virtues and energy of her affectionate and ever active huſband—the Sun! For his innumerable and all vital rays, that from the creation of our ſolar Syſtem, have been poured or darted in *immenſe* torrents into our Terraqueous Globe, every moment, day and night, ſummer and winter, ſeed time and harveſt, are *not* loſt, or annihilated. No. The moſt luminous and vital parts of this celeſtial Light, Imperial Air, and Solar fire! are uſed by nature for the production, animation, growth, and chief nouriſhment of all vegetable and animal Syſtems, and *minerals*;—and the groſſer or more inert parts of the Elementary fire, after being concocted or converted into the Phlogiſton of metals,—and into what we call electrical, and the more groſs culinary fire, and after prevading (for certain moſt wiſe, and indiſpenſably neceſſary purpoſes) all things, namely every atom and particle of Earth, Water, and Air, as far as our Earth and atmoſphere extend, it collects, I ſuppoſe, in immenſe quantities or ſtreams, and flows forth continually in a ſpecies of electrical aura, or *flatus*,—or air, or *pabulum* wind with ever increaſing velocity, into the great fountain the Sun! from whence it originally iſſued, (like rivers to the ſea) there to be reanimated, renewed, or re-impregnated with thoſe very vital, luminous, and infinitely pure and active virtues, which it loſt or diſpenſed in its grand work or deſtination, the animation and cheriſhing of

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all animal, vegetable, mineral, and foſſile bodies. In like manner, as the freſh, or ſoft, ſweet, *ſimple* waters on the Earth, namely, the rain, ſpring, fountain, pool, lake, well, and river water, which nouriſh all things, on, and in the Earth, are diſtilled, or raiſed from the Sea, by the great God's chief Operator, or Animator of all things, the Sun!—and, when this ſimple freſh vital water has refreſhed, nouriſhed, and enlivened all the things, upon which it has acted, or thro' which it paſſed, it naturally, and indiſpenſably flows home again to the boſom of the Seas or Ocean, from whence it originally came, *there* to be re-animated, and again impregnated, or ſaturated, with thoſe ſaline, vital, prolific, and all-nouriſhing qualities, which it had loſt, imparted, or given forth, eſpecially, while in the vigorous ſtates of rain-water, and of vital Atmoſpheric or Imperial Air, to the various animal, vegetable, and mineral inhabitants, and productions of the Earth.

Hence the well known, wonderfully rich, refreſhing, and fructifying qualities of the rain-water, and dews,—far, far exceeding, and excelling what water is poſſeſſed of under any other denomination, as ſpring, river, lake, well, or any other water; or in any other ſtage of its progreſs, or wonderfully ſublime, and obvious circulation.

Water in its firſt, ſtrongeſt, and richeſt ſtate—of vernal, or Summer clouds, or rain,—borne triumphantly on the wings of the wind, churn'd, and ſupper-ſaturated with the Solar fire; with all the Planetary, Aſtral, or Celeſtial influences; —with the nitrous, æthereal, or imperial principles of the Air;—and with all the rich and balmy exhalations from the Earth; the rain water, I ſay, thus richly and vitally impregnated, comes down like as a Giant comes forth from his chamber in the morning, refreſhed with ſleep, and with wine, eager to run his illuſtrious courſe, and to perform the moſt aſtoniſhing feats, to operate innumerable myriads of effects in the vaſt dominions of nature: but, when the ſtrength of this rain-water is exhauſted, and its vitality loſt, in giving life, and bulk, and motion to *all* things in its appointed progreſs, it creeps meandering in the rivers, languid and worn out, "panting for its native home," and at laſt joyfully ruſhes into the willing, and capacious boſom of its parent Ocean!—there to be re-animated, invigorated, and repleniſhed with thoſe vital qualities, which it had ſo freely parted with, in its viſit, or embaſſy, to the hungary and thirſty regions of the Air—and Earth;—to their multifarious contents;—to their infinitely numerous productions.

Thus, then, as we may *infer*, and indeed as we actually SEE with our Eyes, eſpecially when aſſiſted by the beſt Teleſcopes; that the air and fire go upward, and into the great body of the Sun, from whence they were firſt darted upon the Earth;—that as every drop, and particle of freſh water, flows likewiſe back to be re-animated in the great magazine, or womb of *all* the waters, the Sea! from whence they were originally ſeparated;—and as all, and every ſpecies of foul, contaminated, dead, deadly, or empoiſoned Air,—muſt go back, and be mixed with, or otherwiſe acted upon, by the great open body, maſs, or Ocean of our common Atmoſpheric Air; ſo as to again become the vital, the moſt ſalutary, and moſt neceſſary food of animal life; and of culinary fire, or flame;—and moreover, to *finiſh* the climax, as our Soul or Spirit, on its ſeparation from the groſſer body, at what we call death, goes to God, from whom it came, and a ſpark, or ray, or atom of whoſe eſſence it is;—ſo, in ſtudying this important ſubject, I concluded, that our bodies, as being originally formed of, and coming from the Earth, *muſt*, agreeable to the general, and univerſal analogy of all things in *Nature;* and to that ſublime and all-connecting circulation, in that infinitely perfect, and Glorious Syſtem, the Univerſe!—I concluded, I ſay, that our bodies muſt go into the Earth again when they are feeble, or deranged, or vitiated by diſeaſe, or almoſt worne out, either by our having departed from the ſimple Paths, and moderate intentions, of Nature! (and alas! Mankind are continually ſtraying, and departing from Nature in all things) or by having given forth our own life, vital ſtrength, and perpetuity: in the production of our like, for the renovation, or continuation of our Species. Or, in other words, to explain, and more clearly to *illuſtrate* theſe moſt important matters:—whenever, tho' ſtill in youth, and in health, we deſire a double meaſure of virility, and

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vigour of conſtitution;—and whenever, in growing years, we deſire to grow fairer, freſher, and very conſiderably taller, and ſtronger than we otherwiſe *are*, or *could* be, from the original organization and conſtitution, which we received from our immediate Parents, and more remote Progenitors; or when at *any* period of our life we find ourſelves diſeaſed from whatever cauſe; or when, as I have already hinted; we have either voluntarily, or through ignorant and fatal habits, examples, or accidents, ſtripped ourſelves of life, to communicate it to our children, or by ſolitary and diabolical practices to Molech, or to the wind; or, finally in OLD-AGE, when the Human Body is almoſt quite worn out, and all the ſprings, and principles of life, have loſt their due tone,—are almoſt diſſipated,—become feeble, impervious, or rigid, and are no longer ſuſceptible of the concoctions, and aſſimilations of its proper nouriſhment; or, in other words, when our body is no longer ſuſceptible of the action of thoſe *ſtimuli* by which life is maintained, namely, of air, food, drink, exerciſe, and the various paſſions of the mind; nor a fit manſion, or habitation for the Almighty and incomprehenſible Renovator, SLEEP! the ſoft nurſe of Nature to repoſe in,—then, I ſay, when we are in any of the above circumſtances, we muſt either go down into the Earth, judiciouſly, repeatedly, and, in proper ſeaſons, and ſituations, to have all diſeaſedneſs external, and INTERNAL, cleanſed and abſtracted from us, and to be renovated, rejuvenated, and invigorated with all the genial vitality, luſty vigor, and ſoft rich blooming beauty of youth, and of the moſt perfect health,—or, that derangement from the ſound and healthy ſtate,—that diſcord, decay, and diſſolution of the animal machine, eſpecially of the more vital parts, that are *begun*, muſt infallibly and inevitably GO ON, till, in the *dead corpſe* ſtate, the body be completely broken down, and all the conſtituating atoms and principles of which it was compoſed, be entirely ſeparated, diſperſed, and aſſimilated to the primary or conſtituting elements from which Nature took them; where, each ſpecies being nouriſhed in its native bed, or repoſing in the great original maſs, they are all in due time re-animated, and made fit to be wrought up again, in the compoſition of new bodies or living ſyſtems,—animal, vegetable, mineral, or mixed:—MIXT, I ſay, for in fact each individual element compoſing the three great claſſes or kingdoms, is a mixture, tranſmutation, or aſſimilation of ALL the THREE or FOUR, and, indeed of *other* principles or elements, which muſt for ever eſcape the detections and analyzations of the clumſy ſenſes of even the acuteſt and moſt accurate chemiſts, phyſicians, book-makers, and other pretending analyzers of ſimple and ſubtle, of viſible and inviſible nature!

But I beg pardon of my gentle reader if he be an humble, yet ardent lover, and thankful follower of Nature!—for having trifled with, or inſulted him by mentioning the words *Chemiſt*, *Modern Philoſopher*, or *Phyſician*;—for Nature diſowns them ALL and *all* without *one* exception. She will have nothing at all to do with thoſe ignorant, proud, arrogant, and illiberal men, who confeſſedly do, and order every thing to be done, not ſecundum naturam, agreeable to nature, but *ſecundum artem*, or according to *art*; and who continually oppoſe, diſturb, and torment Nature in her ſimple, innocent, ſilent, ſufficiently-obvious, and all-bleſſing ways;—and who, notwithſtanding their proteſtations, and perhaps their belief to the contrary, go a whoring, after OTHER miſtreſſes,—and after *ſtrange*—after *very* STRANGE idols and idiots of their own, and of other men's creating: whilſt NATURE, ſweet innocent maid! ſighing, *ſings*, or *ſays* to them, of her baſtard Siſter, *Art*,—"But my Siſter, ah! you've kiſſed *her*; and ME you've paſt by; I am jealous of theſe fellows bad taſte, and blind eye"

Than myſelf, there is not, perhaps, a man in the world who has a greater love, or more profound veneration for true ſcience, and for the innocent, elegant, and uſeful Arts. And ſo far as chemiſtry, medicine, book-making, or any other trade or art, embelliſh human life—or make mankind more intimately, or more extenſively acquainted with Nature,—or ſo far as they contribute to preſerve or to reſtore eaſe, health, or happineſs to the bodies, or to the minds of our fellow creatures, of the BRUTE, or of the *human* ſpecies, I am an advocate for, and an admirer of them. *But*, when men—when ignorant or villainous

men,

men, convert mild, ſweet, ſimple, efficacious, and natural remedies into poiſons*, by beating, bruiſing, compounding, torturing, and totally altering them by their fires, by pointing them with corroſive mineral acids, and by every unnatural and infernal art, and then recommend them, and actually adminiſter them as medicines to preſerve health, *which no medicine can do*, or to cure diſeaſes, which is beſt done by the ſimpleſt and cheapeſt means, I am out of *all patience* at ſuch groſs ignorance, barbarous cruelty, or helliſh iniquity. Nature! is ever ſilent, ſimple, liberal and moderate; and ſhe delights in theſe attributes or virtues,—which alone conſtitute true ſcience, and permanent happineſs in the world: and, ſtrictly agreeable to this great and eternal truth! I will venture to aſſure the world, in conſequence of much experience, that I can ſpeedily, moſt ſafely, and radically cure any, and every curable diſeaſe whatever, without any of the medicines which are uſed in what is called the *regular* practice, and *that* merely, by the judicious and perſevering uſe of the ſimple elements of Earth, Water, Air, and Elementary or natural fire and heat, aſſiſted at moſt, by a few of thoſe very mildeſt and ſimpleſt herbs, which every blind beggar can procure, and by proper regimen, or regulations in regard to food, drink, exerciſe, ſleep, and of the paſſions or emotions of the mind. But alas! inſtead of paying proper regard to thoſe natural and moſt important matters, Phyſicians actually call them *non naturals;* now this ſhews either groſs *ignorance*, or their mean and unme-

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* Like the Devil's head Agents, Slaves, or Foremen, the Brewers, and Diſtillers of Spirituous Liquors, who convert ſo much good, mild, ſweet, milky, nouriſhing grain, into that poiſonous, liquid infernal fire, which debilitates, dupes, and damns the bodies and the ſouls of ſo many millions of the human ſpecies annually. Alas, how many millions of ſacks of ſweet, rich, mild grain, are every year converted into poiſon by all the Brewers, Diſtillers, and Wine Compounders in the world? Did no ſuch fools or miſcreants exiſt, our ſix-penny loaves would be of a better quality, and ſold for two-pence each,—and oatmeal inſtead of one ſhilling, would be only three-pence the peck.—What a very healthy and happy world would this be, were there no Brewers of Malt Liquors;—no Diſtillers of Evil Spirits,—not the one-hundredth part of the Public-houſes that there are;—no Tobacco and Snuff Sellers;—no Dealers in Tea, Coffee, or Cocoa;—nor no legions of European incarnate Devils, going forth continually, under various pretences, to rob, pillage, plunder, enſlave, to famiſh, to inoculate with every vice, and to torment and murder the more peaceable and worthier natives and inhabitants of America, of the Eaſt and Weſt Indies, and of Africa?!?—Or in other words,—how happy would Britain and the world in general be, had we not a government ſo very unwiſe,—and tax-maſters ſo very groſsly ignorant, for I cannot ſuppoſe them to be ſo very diabolically cruel, as heavily to tax the vital air, and all-cheering light of Heaven!—and, by encouraging and authorizing the very great and enormous evils juſt now complained of, to raiſe a revenue, two-thirds of which is either not needed or very ill applied,—upon articles and indulgences, which totally ruin the health and morals, the ſouls, bodies, characters, and eſtates of the ſilly, idiot, paſſive people. Theſe things ought not to be ſo. Theſe things will not be for ever tolerated.

Two hours after I had written the above note, I obſerved the following paragraph in an Edinburgh Newſpaper. "A calculating correſpondent writes us, that one-third of the "revenue of this country is collected at the expence of the health and morals of the "people. He has an eye to the Diſtilleries, as branched out into innumerable Gin-"Shops, Public-houſes, &c." It is impoſſible for ſuch a government and people long to exiſt.—The meaſure of their iniquity is ſurely now nearly full.

As to the buſineſs of impreſſing men, of dragging young and innocent men, like the blackeſt criminals,—from their native land, and from the boſoms of their loving and beloved parents, ſweet-hearts, wives, and children,—to rob and to murder perſons who never offended them,—or to be themſelves robbed and murdered,—it is too too ſhocking for me to think of. Hell itſelf bluſhes at the cruelty and impolicy of ſuch aſſault and outrage. No exigency of any ſtate can vindicate it in the ſight of nature, of reaſon, or of God! Our Law-givers and Rulers would think it very hard to be hindered from doing every thing they like to do; but how much harder would they think it to be dragged away and compelled to do, at the peril of their life, what their whole body, ſpirit, and ſoul revolt at and abhor the thoughts of doing?!?

unmerited deference to the praiſes and opinions of thoſe ſtupid ſyſtematic old Blockheads, Hippocrates, Galen, Van-Helmont, Boerhaave, Cullen, Storck, &c. and other noted heads or Leaders of the *dangerous*,—of the PILLAGING—of the ignorantly MURDEROUS Herd, whoſe Syſtems, and Theories, and medicines, ſoon wax old like a Garment, and like old Garments are thrown aſide:—but be it henceforward my buſineſs to probe to the bottom, with unſparing hand, the hollow rottenneſs of the trifling—of the iniquitous craft.—Suffer me, my ſenſible reader, to give you a ſpecimen or two of the natural and medical knowledge of a few of the moſt eminent teachers, or rather, as they more properly call themſelves, *Profeſſors* in the moſt celebrated medical Univerſity at preſent in the world. *But*, will any Gentleman of natural good ſenſe, though ever ſo much diſpoſed to credulity, believe me, when I aſſert the truth of the following melancholy facts?!—Namely, that when I then and there, four years ago, ſtudied again ſix months, I ſaw the celebrated Profeſſor of chemiſtry conducting and exhibiting his moſt noxious proceſſes and experiments before two or three hundred boys and men, with all the doors and windows of the room as cloſely ſhut as any could be; nay, I have actually ſeen that ſame Profeſſor,—emaciated, coughing, pale, and puling, drinking warm or hot foreign tea, ſhut up in a cloſe room, or, rather, in a cloſe leaden caniſter,—for his parlour is, I think, very completely coated or lined with a mixture of oil long tortured on the fire, and of that moſt deadly poiſon, white LEAD;—and for relief in ſome of thoſe diſeaſes or uneaſineſſes with which all chemiſts are more or leſs afflicted, I have ſeen him at leaſt 50 times, gnawing at a piece of that vile, black-burnt, heating, Empyreumatic Chemical extract, called refined, or Spaniſh Liquorice Juice,—inſtead of taking from time to time, to allay tickling irritations, or to moiſten the huſky dryneſs of his fume corroded throat,—a ſip of cold freſh brought-in water alone, or with ſome milk, or oatmeal in it,—or a tea-ſpoonful of good honey alone, or mixed with fine eating oil,—or of letting ſome bits of nature's gum arabic, or rather of our own cherrytree gum, diſſolve gradually in his mouth.—But, if he preferred *liquorice*, why, in the name of nature! and of common ſenſe, did he not chew the freſh balmy, milky, ſacharine root?—or, if his mineral acid, and metallic fumes had deſtroyed all his teeth, why did he not ſcrape and bruiſe the freſh liquorice-root, and pull it into threads, and with *warm*, or rather with pure COLD water extract its mild, healing, cooling, pectoral, and truly balſamic virtues?—

Nor will it be believed, that that winter I repeatedly ſaw about three hundred ſtudents crammed up by an older, and ſtill more celebrated Profeſſor—(their very god of medicine) in a little, black, dirty room, with a low ceiling, with the door and all the windows cloſely ſhut, to keep in the dreadful and intolerable ſtench, and deadly exhalations, from ſo many hundred unventilated lungs, from ſo many hundred gallons of unventilated contaminated blood,—and from ſo many myriads of dirty pores!—Unventilated I ſay, dirty, and contaminated, for at the early hour of nine in the morning, in winter, at which they meet,—their cadaverous breath, and fetid atmoſphere, were to me intolerable,—many of the ſtudents having been very late at the vile drinking houſes and brothels,—many of them diſeaſed and dying,—for eight or ten of the medical ſtudents actually died and were buried, that winter, in the courſe of a few months.

Nor would it be conſiſtent with the pure natural ſweetneſs and real dignity of my ſubject, the Earth!—to exhibit the Profeſſor himſelf, who, (when *out* of the college, was one of the pleaſanteſt, politeſt, and moſt Courtier-like behaved men in the world) covered from top to toe, with ſnuff, horſes hair, ſheep's wool, and calves ſkins,—coughing inceſſantly, and inceſſantly trembling with both hands, like aſpen-leaves, while the gawkey and glum Gowks, in the gloomy gallery of the Lecture-room keep glowering and gaping down upon him, in ſenſeleſs admiration of his long-winded ſpaſmodic doctrines, and of his NICE-*noſology*, as he calls it. But, in fact, he had NO *noſe* ology at all. For his noſe, that moſt natural and moſt neceſſary avenue of the voice and air was conſtantly inflamed, and ſtopt up, with very long, and very exceſſive ſnuff-taking—a practice as filthy, indecent, and unnatural, as it is unhealthy.—As to *Nature's* ſnuff!

ſnuff!—the *all*mighty's univerſally-given Cordial, the open air!—and as to muſcular exerciſe, or loco-motion, without both of which no animal can be perfectly or long healthy, the Profeſſor ſeemed utterly to abhor them, inaſmuch as he has been carried about the ſtreets of that city daily for thirty years in a little cloſe black box, by two of his own fellow creatures, one of whom, while he was on this duty, that ſpring, actually dropt down dead; but even *this* did not admoniſh, nor cure the Dr. of his folly and barbarity;—for the man's place was ſoon ſupplied by another of the ſame hardy and condeſcending breed of Highland or Hibernian cattle.——It is a ſhame that men ſhould be ſo degraded, or ſuffered ſo to degrade themſelves.

But if we look upon the moſt authentic accounts we *have*, of the painful, and miſerably diſeaſed lives, and premature death, of Paracelſus, Van-Helmont, Boerhaave, and indeed of moſt of the world's wiſe-men, great chemiſts, and phyſicians, we ſhall have but very little reaſon to applaud their Art, or to follow their ſteps. Indeed, if an entire ſtranger was to pick out the ugliеſt, awkwardeſt, proudeſt, moſt deiſtical, moſt profane, moſt cadaverous, and moſt ſickly-like men in any large town, or company, he would on enquiry find, that three-fourths of them were Chemiſts, Phyſicians, Philoſophers, Surgeons, and Apothecaries.

Phyſicians, and the fooliſh dupes their PATIENTS, (very properly ſo called) or inſtead of *Patients*, they might be called their *Jobs*, or JOBBS; Phyſicians, and their Patients, I ſay, totally neglecting the obvious and all-bleſſing *ſimplicity*, and the RICHES of Nature;—and the infinite wiſdom, and moſt provident Bounty of Nature's God!—which in every part of the world holds out to the *wiſe and attentive*, the means of health, and the eaſieſt, ſpeedieſt, and moſt infallible cures for all diſeaſes, without *much trouble*, and without *any expence*;—inſtead, I ſay, of Phyſicians, Surgeons, and their Patients obſerving and profiting by all this,—they are continually having recourſe to the torturing and confuſed mixture of the milder ſimples, and to arming and exalting the poiſon of the harſher and more deadly articles of their Materia Medica, by chemical, pharmaceutical, and culinary proceſſes. They import from far diſtant countries, with great danger, and at an enormous expence, certain Drugs, *which*, though they might perhaps be ſalutary, and proper for the alleviation or cure of the diſeaſes of the natives, or inhabitants of *thoſe* countries where they ſpontaneouſly, or with the moſt ordinary cultivation grow,—yet are by no means proper, nor congenial to the conſtitutions of the natives or inhabitants of this, or of any other countries, than of thoſe that ſpontaneouſly produce them. Not to mention the ſophiſtications, and the loſs of any virtues they poſſeſſed, by cruel and avaricious men,—by long and improper keeping, preparation, or exhibition. But if a drug is deleterious, poiſonous, and produces very terrible effects;—if it requires much ſkill and care in the adminiſtration of it,—if it be very far fetched, ſcarce, and coſts a great deal of money, THAT drug is ſure to become the univerſal favourite or rage of Phyſicians and of fools, till *it* gives way to a newer, and perhaps, to more dangerous faſhion.

How happy would it have been for mankind if ſuch men had never exiſted in this world, as Storck, Prieſtley, Goulard, Brown, Withering, Fowler, and ſeveral others I could mention?—who ſo publicly have recommended the too univerſal exhibition to the human ſpecies of Hemlock and Henbane;—of electricity, artificially produced airs, and dangerous if not damning religious doctrines;—of that deadly poiſon lead;—of the ſoul and body-killing poiſons Opium, Tobacco, fermented and ſpirituous Liquors;—Fox-glove;—and even Arſenic itſelf.

I aſſert, and do inſiſt upon it, that perpetual health may be *preſerved*, and all diſeaſes when they happen among the children of vice, of art, folly, ignorance, or perverſeneſs, CURED, with the remedies that are every where to be found, and which may be procured without one farthing expence, even by every lonely and blind beggar.

As to the two famous expenſive *foreign* medicines or nonſenſical luxuries, which are ſo continually and ſo univerſally uſed among us, I mean ſarſaparilla root, and

Peruvian bark,—I would ſtake my life, that I will make more ſafe, ſpeedy, and radical cures in this country, with an hundred weight of good freſh graſs, and the little herbs that naturally grow among it, pulled up by the roots, with the freſh earth adhering to the roots,—or even of fine fragrant hay; or of good half-ground oats, barley, malt, or wheat;—or of the moſt common herbs, with their roots and earth, ſuch as angelica, burdock, comfry, eringo, dandelion, plaintain, mallows, ground-ivy, cabbage, ſpinage, nettles, whin-bloſſoms, parſley, ſorrel, young green peas, ripe-living fruits, &c. than with a TUN weight of ſarſaparilla-root:—and of our good Britiſh oak-bark, *alone*, or aſſiſted with the ſpecific or antidotal qualities of the young green elder bark, and of the young elm-bark,—or with the bitter aroma of our chamomile flowers, baums, ſages, mints, worm-wood, or thymes; and with the free drinking-in of freſh open air, day and night, and the frequent rubbing and daſhing the external ſurface of the body and limbs with cold water, or with warm water alternated, theſe will ſpeedily, ſafely, and radically cure thoſe obſtinate, and generally mortal diſeaſes, which all the Peruvian or Jeſuit's bark, and red port wine in the world, *cannot even alleviate*, though they ſend the miſerable patient drunk or delirious out of the world.

But to return to our very curious and important ſubject the Earth. Some very judicious Philoſophers have with truth I think imagined, that of itſelf, the Earth cannot produce any thing; or in other words, that virgin mineral Earth,—or Earth at too great a depth from the ſurface for the rains, froſts, air, light, and ſun-beams, and for the plough or ſpade eaſily to reach, is in fact, an inert maſs,—a mere ſponge or filter, or a barren bed;—but, when properly expoſed to the action of the other elements, greedily receiving, and faithfully treaſuring up, all thoſe rich, fructifying, ſpecificating, and vital principles, which the other elements, &c. dart or inſinuate into it,—giving them forth in due time, in new forms and combinations,—in ſome producing fifty, in ſome an hundred, and in others a thouſand-fold.

Now, from reaſon, from analogy, and from conſtant and attentive obſervation, let us conſider what the Earth *really is*, and the great purpoſes which it ſerves.

God! of his infinite and moſt adorable wiſdom, power, and goodneſs! hath made thoſe things which are the moſt vital and uſeful, and the moſt conducive to the general happineſs, and well-being of his creatures, the cheapeſt,—the moſt plentiful, and the moſt univerſally preſent and *comeatable*, by every perſon, creature, and thing, that exiſts.—Agreeable to this, is it to be doubted, that the great maſs, or body of the earth, as it is by far the bulkieſt, and the heavieſt of all the four Elements we are *con*verſant with; *is*, beſides being the ſolid baſis and ſuſtainer of all things, the moſt eſſentially neceſſary too, for their preſervation, and renovation?—The Earth is confeſſedly our common Material Parent!—the ever teeming *Mother*,—and the faithful and affectionate *nurſe* of all Animals, Vegetables, and Minerals; herſelf fructified, impregnated, and cheared by her kind, vigorous, and ever-active huſband—the ALL-*animating* father, the Sun!

Yes, the Earth is, in truth, the univerſal receptacle, and peaceful balmy Bed, in which all the *known*, and all the UNknown, and un*thought* of Elements and principles repoſe. Or, in other words, the Earth is the Grand Creative,—all-conſerving, and all-renovating work-ſhop of Nature?—in which nature! ſitting ſilently, and inviſibly, in the centre of every ſeminal and ſervile atom, is continually working up, forming, and giving birth, and illuſtration to her greateſt viſible Miracles, viz. living Animal, Vegetable, and Mineral Syſtems?—upon each claſs and individual of which, are impreſſed by the ALL-creating, and ALL-ſuſtaining Omnipotence! certain meaſures or degrees of his own power, wiſdom, and beauty!—inaſmuch as no created Being can be ſaid to be able even to *imitate* them,—and, as they are all made capable, and delightfully and irreſiſtibly impelled, by this firſt and *all*-over-ruling law, "Increaſe, and multiply!" to reproduce, or create, by their own derived energy, and agency, creatures like themſelves, to all eternity! or, till the Tremendous Firſt Cauſe of all Things! *wills* their *non* exiſtence, ſaying, "It is enough,—be ye *ſtill*,—operate no more for ever."

But,

But, from thoſe *greater* wonders which the Earth produces and ſupports,—namely, living Animal, and Vegetable Syſtems, and Gold, Diamonds, and other mineral and foſſile bodies!—let us deſcend to diſcourſe of things, or of facts—*leſs* illuſtrious, indeed, but to us highly important and ſurpriſing;—*facts!* which on my FIRST adverting, or attending to them a few years ago, *led* me to *imagine*, and ſoon *compelled me to believe*, that, with a life of innocence, ſobriety, ſimplicity, prudence, and moderation in all things, *this* Earth bathing, or animal vegetation, as I once thought of calling it, might in reality, be the all-curing,—and the grand rejuvenating plan or ſyſtem of Nature! the true and every where preſent Panacea, Catholicon, Philoſopher Stone! or univerſal Medicine! which viſionary, deluding, or deluded Phyſicians, and Al-chemiſts, fancied was to be made known to, and poſſeſſed by, only a few enthuſiaſtic or avaricious men in the world;—but which the Great and moſt good Parent of the Univerſe! hath moſt wiſely, and moſt mercifully put in the power of every creature which he hath formed to enjoy the benefits of. And, is not this perfectly conſonant with the very vital Nature of the other Celeſtial effluxes, and influences, ALL of which, for the greateſt and moſt indiſpenſibly neceſſary purpoſes, have every moment, day and night, ſummer and winter, from the Creation of our Solar Syſtem, or of the Univerſe! Been penetrating, impregnating, and ſaturating with purity, life, and health, every particle of which, *this* little Globe of Earth we inhabit, is compoſed; as WE would penetrate a ſmall round pincuſhion with pins;—as a well diſpoſed Animal womb or egg is impregnated with the richeſt and moſt vital maſculine ſeed;—or as a ſponge or maſs of dry ſand is ſaturated or filled up with water.

So that, from all theſe conſiderations, we may fairly, I think, conclude, that the Philoſopher's Stone, or Gold making, and Univerſally-curing Medicine, is *no* fiction or Chimera;—for without allegory, figure, or much ſtraining, the capacious—all-penetrating—and all graſping mind of a true Philoſopher or Naturaliſt, might conſider and call this great maſs of ſtone or matter, of different denſities, which is commonly called the Earth; HIS, or *the* Stone of Philoſophers: eſpecially as we have diſcovered Gold in all Sand, and indeed, in every thing; as the Earth literally tranſmutes, or converts all that ſhe finds fit for the purpoſe into Gold; and as I have had the honour of diſcovering, and of proving to you, that almoſt every part of this our great Philoſopher's Stone or Earth, glows with purity, life, and health, and that IT, *alone*, is, in reality the true Univerſal Medicine! Here, I think, I have ſtumbled on a *plauſible*, or rather TRUE way, of accounting for the ſtrange, and ſeemingly improper term—Philoſopher's *Stone!*—and of demonſtrating the truth, and conſtant certainty of its wonderful operation!

I remember that ſeveral Great Chemiſts, Alchemiſts, and Philoſophers, when they deſcribe enigmatically the wonder working Stone, ſay, that the EARTH is its Mother, the Sun its Father, and that the Wind carries it in its belly.—But the Divinely illuminated Jacob Behmen, in chiding, and lamenting the folly of thoſe who ſeek for the Philoſopher's Stone in Gold, in Mercury, and in almoſt every unlikely, or difficultly procured thing, expreſsly tells the world, that their much wiſhed for idol is to be found in the dirt of the Streets, and in the duſt of the Highways.

But to return.—The propriety and neceſſity of our Bathing, or planting ourſelves, occaſionally, and judiciouſly in the Earth is moſt clearly evinced, inaſmuch as by nature, obſervation, and analogy, we are clearly and conſtantly taught, that every thing is moſt naturally, and *beſt* nouriſhed in that place, and by thoſe Elements and influences, that gave Birth to it, or which were its firſt nouriſhment.

Many fooliſh perſons have aſked me, *how*, or in what manner, the Earth produced good effects on the human, or on other animal bodies, that are immerſed and covered cloſe up in it, in what I call Earth Bathing. I have generally told them that firſt by its coldneſs, it abſtracts all morbid or preternatural heat, then by its ſoapy moiſture, and the genial warmth that ſucceeds, it draws out or extracts, by the moſt natural emuctores the pores of the ſkin, all morbid humours, cleanſing the body and limbs of all internal and external corruptions or foulneſſes;

—and,

—and, finally, that the human body thus planted in pure good Earth, imbibes, at every pore, cool-balmy-health-ſweetly-healing and conſolidating freſhneſs,—and the ſimpleſt and moſt vital nouriſhment. Or I have anſwered, by aſking *them* a queſtion, namely, how is a potatoe, a cabbage, or an oak-tree,—how are ALL mineral, vegetable, and animal bodies nouriſhed, or otherwiſe acted upon, that are conceived, that grow, that multiply in, and that ſpring up with ſuch beauty, ſtrength, and vigour from the Earth?—About the preciſe *how*,—the MODE,—the MANNER of theſe things, we do not now, nor ever will, or ever can know any thing. —It is however well known and allowed that the human, and all other animal bodies, are organized, nouriſhed, and perform many of their functions in a manner very ſimilar to thoſe of vegetables.

And as the earth requires dung, or other manure to fatten it, if men will not dig or plough it up again and again, and expoſe it to the ſweeter, richer, and wholſomer impregnations of the ſun, rain, air, froſt, ſnow, &c. ſo, indeed, the people in general ſeem to delight in ſtench, and in perſonal dirt and filthineſs, both internally and externally; which they take care to cover, to keep in, and to add to, by very cloſe doors, windows, beds, and carriages, and by carrying ſuch loads of cloaths, day and night, as really convert them into beaſts of burthen,—into moving dunghills, nurſeries of vermin, or into filthy Infirmaries for all manner of diſeaſes to thrive in, and be propagated in; and although they *ſeldom* waſh their *public*, and NEVER their PRIVATE parts, they fancy that they either are, or will be thought clean, by putting on clean linen; but a very ſenſible countryman of mine obſerves (Lord Monboddo) that ſuch perſons may as well imagine that they make a DUNGHILL clean, by ſpreading a white cloth over it,—whilſt on the other hand, another Scotſman, (the late Sir John Pringle) contended that, inaſmuch as the odours of the human excrements which are kept in every old-faſhioned and ill-contrived houſe in Scotland, eſpecially in Edinburgh, and upon whoſe ſtreets they are regularly ſpread out by the Provoſt and Baillies orders at certain hours daily, are very wholeſome and ſalutary to the public health (Sir John meant, I ſuppoſe, to the health of Scotchmen) inaſmuch, I ſay, as that great Phyſician had diſcovered, by experiments and analyzations, that theſe odours are the true microcoſmic volatile fetid alkali, and far preferable to your Sel' poignant d'Angleterre, and to all your Dalmahoy's, Bayley's, Warren's, Smith's, or Moſineau's, and the long liſt of ſweet ſpirits, ſcented waters, ſmelling bottles, and other artificial preparations.

I beg leave again, for the third time, to aſſert, that, ALL diſeaſes, which are in their nature curable, are to be moſt ſafely and effectually cured by earth-bathing, judiciouſly conducted, and patiently perſevered in, and by the proper uſe of common water, air, exerciſe, and a few of the ſimpleſt, mildeſt, and moſt common herbs. It is the craft, and avaricious policy of medical men, to pretend that all diſeaſes, and even every ſtage, and every ſymptom of every diſeaſe, require different or particular remedies. Whereas God made and preſerves all things by one ſimple inſtrument. He! himſelf! is perfect ſimplicity—Equality, moderation!—All his works are like himſelf! Conſequently ſimplicity and moderation are not only *congenial* to, but the very ſoul and ſupport of *us*, and of all his other works;—whilſt the Art of Phyſicians and of their partners and coadjutors in the iniquitous farce, the Apothecaries, is no more than at beſt like a Play-actor, the ape of nature! the bane of health, and the averſion of every ſenſible man.

Does not nature by the ſimple means of heat and cold—drought and moiſture operate myriads of miracles? Are not the moſt curious, the moſt laſting and the moſt extenſively uſeful machines that men have contrived, always the ſimpleſt?—What millions of mighty purpoſes does the ſingle and ſimple principle of Gravitation anſwer in the univerſe?!—And if you mix the mould of one ſquare yard of earth ever ſo accurately, even into *perfect ſameneſs* of ſoil, if you caſt the proper ſeeds, or plant the living ſuckers of a thouſand plants, will not each, taught by nature! ſeek and find at once its proper food, and its proper Phyſic?—Will not ſweet and bitter, ſour and ſavory, odorous and inodorous, ſalutary and noxious,

noxious, nay life and death, with every ſhape, odour, colour and quality, ſpring up and thrive in the ſame little portion of Earth?!—Surely, they will. How, then, can any reaſonable man pretend to doubt, or attempt to deny, what I aſſert, and what may be in every *ſeaſon*, and every *day* of the year experienced, namely that every curable ſpecies and degree of diſeaſedneſs, can be moſt ſafely and effectually cured by judicious Earth-bathing?! The truth of this aſſertion, I have in a very great variety of deplorable and moſt deſperate caſes ſeen verified; and I *have* experienced in my own perſon the happieſt effects from this ſweet and ſalutary practice. For I have been in the earth near an hundred different times, and ſeldom leſs than five or ſix hours each time, and that for ſucceſſive weeks, daily. Nay I have myſelf been naked in the earth, at Pontefract, for eight ſucceſſive days, ſix hours each time, and on the ninth day, I was in for twelve ſucceſſive hours, viz. from eight in the morning, till eight at night, neither eating or drinking any thing. I recal the aſſertion; I ate and drank, like a very glutton, at a million of mouths, or pores; and on getting out and waſhing, and eating heartily, I found myſelf rejuvenated, and primely invigorated.

I beg leave therefore moſt earneſtly to recommend this practice of Earth-bathing in the open air, even in the midſt of our winters (and temperance and moderation in all things) for the uninterrupted preſervation of health; for the certain cure of all diſeaſes;—for the rejuvenation of the ſyſtem;—and for the healthy and happy prolongation of human life, to the very longeſt poſſible period of human exiſtence, that our conſtitutional or parental Stamina will admit of.

Suffer me now to cloſe the Treatiſe with three or four verſes from the ſacred ſcripture, greatly in praiſe of Earth-bathing. God himſelf hath expreſsly declared to Adam, whoſe name means red earth, "that thou ſhalt return into the ground, "for out of it waſt thou taken. Duſt thou art, and unto duſt ſhalt thou return." St Paul's deſcription of the reſurrection is moſt literally applicable to the effects of judicious Earth-bathing on the diſeaſed human body; "It is ſown in weakneſs "and in corruption, but it is raiſed in purity and in ſtrength." In another of his Epiſtles he ſays, that God hath choſen the weak things of the world to confound the things that are thought to be mightier; yea, the baſe things of the world, and things which are deſpiſed, hath God choſen. And in Deuteronomy we read in praiſe of ſea-ſand bathing, that "the *wiſe* ſhall ſuck of the abundance of the "ſeas,—and of the treaſures hid in the ſand, and in the earth."

I will now cloſe this ſhort Treatiſe, by giving you ſhort Hiſtories of a few very deſperate caſes that were cured by this moſt ſafe and ſalutary practice of Earth-Bathing, under my own eye and direction. The following great cure was affected while I was at Manchester, in the autumn of the year 1784, Mr David Robinſon, Maltſter, in Warrington, aged thirty-four, a remarkably induſtrious and reſpectable man, was very warmly recommended to my beſt ſervices by a letter from Mr Lyon, a Juſtice of the Peace in that town. Mr R. when he firſt applied to me had been for ſix months extremely ill of a moſt violently painful, and large, hard, weighty ſwelling of his ſtomach and bowels. He had no appetite; and what he did eat generally ſoon came up again. He was afflicted with a moſt obſtinate coſtiveneſs; and he could very ſeldom or never ſleep. He could not make water oftner than twice in twenty-four hours, and always with the moſt excruciating agonies of pain; what he did make was, on ſtanding to ſettle, the upper part half blood, and the lower, like *whitiſh*, and ſometimes like *red* ſand; and at other times like yeaſt or barm; and complained of an exceſſive ſwelling, tightneſs, and foreneſs at his breaſt.

Sparing no trouble nor expence that he could afford, Mr R. applied to, and had all poſſible aſſiſtance from many different medical practitioners, and eſpecially the advice repeatedly of the principal phyſician in that town; but receiving not the leaſt benefit from any of their preſcriptions or medicines, he was by letter warmly recommended to my care by John Lyon, Eſq. one of his Majeſty's juſtices of the peace at Warrington.

For about two months I gave him the very beſt advices and medicines I could deviſe, but with very little, and no permanent benefit. From one part of my

pre-

preſcriptions, however, which was for him to lie down on the earth with his face over a newly dug hole for an hour or two daily, finding his breaſt opened, cooled, and refreſhed,——and his ſpirits and ſtrength conſiderably recruited, although little, or *not at all better*, in regard to all his other dreadful complaints,—the whole diſorder, or great maſs of obſtruction, hardneſs, rawneſs and diſeaſedneſs in his body remaining unmoved and untouched: and every time he made water, or rather the bloody matter and ſand, he found himſelf conſiderably weaker and weaker: and the Patient, his wife, his neighbours, and myſelf expected no other than very ſpeedy, and abſolutely inevitable death; and not knowing what more to do for him, I directed him to be ſtriped totally naked, and put into a freſh made hole in the earth, and cloſely covered up with the earth to his chin, and to remain there for three hours each time, and this to be continued daily without intermiſſion.

Finding the greateſt and moſt unexpected relief from this total immerſion in the earth, ſo early as the ſecond day, he moſt joyfully and thankfully continued to be buried in the Earth not omitting one day, for ſeven or eight weeks, even in the many ſevere and long continued rains which happened in the time, being the months of Auguſt and September, which are generally very rainy in that part of the country. At the end of two months he found himſelf moſt perfectly free from every part and ſymptom of diſeaſedneſs:—making with eaſe plenty of good natural water; ſleeping well; eating and drinking with appetite and advantage; poſſeſſing good ſpirits, his uſual ſtrength, and a fine florid complection; and in a word entirely freed from all ſwellings, pain, ſorenеſs and weakneſs, He was moſt perfectly cured, root and branch, of the very complicated, obſtinate, and moſt hopeleſs malady, which he had ſo long laboured under.—And when I was at Liverpool the following ſummer, he came from Warrington with gratitude and joy to ſee me, and appeared pure, plump, and roſy, and enjoyed the moſt perfect health.

2. The daughter of Mr John James, in Carliſle, was afflicted and rendered a total cripple by the ſhrinking and waſting of her thigh and leg, and a monſtrous ſwelling of her knee, attended with pain, redneſs, and contraction, inſomuch that after all advice, medicines, and applications being uſed in vain, her life was endangered, and the cure of her limb, was totally deſpaired of.—In two months by my advice, medicines, and applications, eſpecially by ſitting up to her ſtomach among freſh earth for three hours every day, her fleſh, looks, and ſpirits are ſo wonderfully recovered, the pain, ſwelling, and contraction, are ſo far cured, and the whole limb is become ſo ſtraight and ſtrong, that ſhe now runs about without crutch, ſtick, or any other help whatever, to the very great joy of her very affectionate and now happy parents, friends, and neighbours.

3. A young man of the name of PERKINS, in Carliſle, who had been a cripple for ſeveral years of a very great white ſwelling of his knee, and decay of the whole limb, was likewiſe ſo happy as to be ſo far freed from the pain, ſwelling, weakneſs, contraction, &c. chiefly by means of the Earth Bath, as now to find his limb almoſt entirely ſtraight, and to walk about briſkly either with, or without a little ſtick.—He gave me the particulars of his caſe in writing, but I have either loſt or miſlaid it.

4. A young child, in that city, was likewiſe cured by Earth-bathing, of gatherings and vaſt diſcharges of corrupted matter from its loins and back, which had reduced it to a ghaſtly ſkeleton.

5. The daughter of Mr W. WIGHT, at the foot of Caſtle-Street, Carliſle, aged 15, fell down eight years ago in a croud, when a ſoldier, running, by accident violently kicked her ſhoulder, which occaſioned ſuch a conſtant and violent pain, as ſhrunk in her ſhoulder, and waſted her arm to a kind of dry cold ſtick; and exceedingly affected all the right ſide, from the very top of her head, with ſuch a paralytic deadneſs and weakneſs, that ſhe could not raiſe her hand to her head.—She was all laſt year a patient at the Carliſle Diſpenſary but all that time (occaſioned, by their medicines, her mother ſeemed certain) ſhe was afflicted with moſt ſevere fits at leaſt once a fortnight, and ſometimes many in one day,

eſpecially

eſpecially when vexed, falling down ſeemingly dumb and dead, for two hours at once, and always dull and moping.—Although ſhe never received the ſmalleſt relief from any Doctor, Medicine, or Diſpenſary, yet in two months, by my medicines and advice, under God! and by daily Earth-bathing for many weeks, her ſhoulder and arm are now ſo perfectly freed from pain, paralytic waſting, numbneſs, and weakneſs, that ſhoulder and arm are become like the other, both in colour, plumpneſs and ſtrength; ſhe has not now even the ſlighteſt tendency to the fits, but can comb her head and work with that hand, is grown taller, freſh coloured, plump and ſprightly, to the very great ſurprize and joy of her now happy parents.

6. Helen Cookſon, at Stockport, in Cheſhire, was cured by my advice, of a moſt frightful univerſal leproſy, of 20 years ſtanding, by a few ſimple medicines, and by ſitting up to her lips among ſweet freſh earth, for ſix hours each time, twice a week, in leſs than three months.

7. A young Lady of Newcaſtle upon Tyne, was perfectly cured of a conſumption of the lungs, when very far gone, and attended with dreadful pain in her ſide, coughing, ſpitting, night ſweats, &c. after the beſt advices and medicines had proved ineffectual,—by breathing the pure air, and bathing in the fine reddiſh light Earth of a neighbouring mountain, on the Durham-ſide.

8. A young Gentleman of the ſame town, who had long tried in vain the medicines, advice, ſea-bathing, &c. which are generally recommended for the cure of an obſtinate ſcrophulous complaint, attended with ſwellings and ulcers in his glands and joints, and ſo great an inflammation and ſpecks on his eyes, that he could not bear even the ſmalleſt degree of light,—and were continually guſhing out with hot ſharp water or corrupted matter,—was ſoon perfectly cured by going daily into the Earth, after he had gone through a courſe of my medicines, &c. without the deſired effect.

9. A man living between White Chapel, and Radcliffe Highway, London, who was a miſerable cripple, and in ſevere pains, occaſioned by a long confirmed Rheumatiſm, was ſoon cured by uſing a few ſimple medicines and a bath of warming bitter herbs, ſulphur, and wheat bran, which I preſcribed for him, and going into the Earth daily for a very few weeks, even with all his cloaths on, and in the preſence of hundreds of ſpectators. For, not underſtanding the verbal directions which I gave him, he got a large hole dug ſix feet deep in the Earth, into which he was was helped down with a ſhort ladder, and ſat in it for two or three hours daily, with his ſhoes, ſtockings, and all his clothes on; yet, nevertheleſs, he was cured, merely by inhaling into his lungs, and imbibing at every pore of his body and limbs,—the ſubtile, all-penetrating effluvium of the Earth which ſurrounded him, though not in actual contact with any part of his ſkin.

A deſcription of the beſt kinds of ſoil, or mould, and ſituations;—and of the beſt methods of conducting this moſt efficacious, and moſt ſalutary practice of EARTH-BATHING.

I generally or always prefer the ſides or tops of hills or mountains, as the air and the earth are there more pure and ſalubrious;—but the air and earth of ordinary paſture or corn fields, eſpecially thoſe that are called upland, and even good clean garden ground, or the higher commons, eſpecially fallow corn fields, are all very ſalutary and good.

As to the colour and nature of the earth or ſoil, I prefer a good brown or reddiſh blooming mould, and light, ſandy, crumbly, mellow, and marrowy Earth;—or that which feels when I am in it, and crumbling it with my hands and fingers, like bits of marrow among fine flour; and that which has a ſtrong ſweet earthy ſmell.

I avoid, as much as poſſible, very black, and blue, and yellow, and white, and clayey Earth. Rich, mellow, crumbly, ſandy, or gravelly mould is beſt,—of a good brown or reddiſh bloom, or purple colour, and of a ſtrong-ſweet-refreſhing-

breaſt-

breaſt-opening ſmell. I avoid alſo Earth that has been very much dunged, or full of grubbs and other troubleſome inſects;—as to the large round and roſy Earth Worms, they will not hurt one; and they are to be found in the beſt Earth. I diſlike low watery heavy grounds; and that Earth which is very ponderous, black, blue, and like cracked clay, full of eyes or worm-holes,—like the eyes of poor wet cheeſe. But, were I diſeaſed or weak, rather than not go into the Earth at all, I would go into the Earth, under the filthieſt and cloſeſt ſtreet or lane, in any vile old city;—for I have found good, refreſhing, and invigorating effects, from ſitting long in even what might be thought the worſt Earth in the world.

The form of the hole may be as follows, viz. three feet wide, by five feet long, and two feet deep, but leaving a very broad ſeat to ſit on, dig two feet deeper at the lower end, for your legs and feet to go down; or make a place like a child's grave, with the ſmaller end or half of it dug two feet deeper, for your legs and feet to go down, ſo that you may be in an eaſy ſitting poſture.

In places where the ſoil is not ſufficiently deep, the Earth may be raiſed up in a firm heap on the ſurface of the ground, from all the neighbouring parts, and the patient may ſit down on it, and be covered up with the Earth, dug up from the neighbourhood;—for that Earth is always the richeſt and the beſt which is immediately under the roots of the graſs, corn, &c. and is commonly called the under-turf mould, becauſe the ſun-beams, the rains, the froſt, the ſnow, the air, and other influences have more eaſy and ready acceſs to it, than to that Earth which is four, ſix, or more feet deep, and which may be called the crude, cold, harſh, mineral, unimpregnated virgin Earth: So that even where there is great depth of fine light, ſoft, ſandy ſoil, I always chooſe to be covered up with the rich mellow under-turf, or more external mould.

Both myſelf and my patients, at firſt, before we were well acquainted with the beſt methods of conducting this Earth-bathing, have ſat uneaſily, by not having the ſeat of Earth broad enough, on which we ſat, or by neglecting to pick out bits of ſharp ſtone or gravel from where we were to ſit, before we ſat down; and we have ſat ſhivering with cold, from not having a ſufficiently large heap of Earth heaped up on our ſhoulders, and neck, and head, to keep out the external wind.

The Earth ſhould be well opened and raiſed up both under our feet, and under our hips and thighs, before we ſit down,—not only that we may ſit eaſier, but that the virtues of the Earth may more eaſily come forth and penetrate our ſyſtem. Very much, or the whole of the benefit to be derived from Earth-bathing, depends on making the ſeat we ſit on ſo very broad as to ſupport our thighs forward to the calves of our legs,—on adjuſting our body and limbs to have room and eaſe on our firſt going in,—on having our arms croſſed, with a hand on the top of each ſhoulder, to make a ſort of ſhelf to keep the Earth from preſſing too heavily on our breaſt or organs of reſpiration,—and on having a very large quantity of Earth upon the tops of our ſhoulders, &c. ſo as not only to be warm, but alſo that there may be a very great maſs of the freſh dug-up opened element to abſtract our diſeaſedneſs, and for nature to imbide purity, health, ſtrength, and vigour from.

In ſome caſes of great general weakneſs, or of diſeaſed limbs, I have ordered, two, four, or more bricks to be made very hot, and covered with Earth, under the feet of the Patient, while in the Earth: but I never tried the effects of it in my own perſon. I would have no objection to a very timid perſon having on any linen or cotton garment for the firſt or ſecond time of going in. But I never had on any thing myſelf, nor knew any one who had. I have known many patients get perfectly cured by Earth bathing, when they never took off all their clothes, but only their ſhoes, ſtockings, and breeches;—or if females looſed the ſtrings of their petticoats, and pulling up their clothes gradually, had the Earth put in about them up to their ſtomach, or arm-pits.—The more that the patient ſings or ſpeaks aloud while they are in the earth the better; as the bellows like motion of the breaſt and bowels, not only keep alive the natural heat of the body, but alſo works out diſeaſe, and ſucks in health and vitality more powerfully

fully and more abundantly from the Earth, which is in contact with it, and ſurrounds it.

The morning is the beſt time for Earth-bathing; although any time of the day is ſafe and ſalutary:—ſo is any time of the year—but the ſpring and ſummer ſeaſons, eſpecially in rainy or ſunny weather, are to be preferred. Indeed, I have found vaſt ſtrength and alacrity of body and of mind, from ſitting in the earth for two or three hours each time, in Scotland, in all the winter months, eſpecially in the ſevereſt ſtorms of froſt and ſnow at Chriſtmas.

Every body, even perſons in health, and in the midſt of ſummer, tremble and are very chilly and cold on firſt coming out of the Earth,—till they have run about a while, or till they be waſhed with cold water, and well rubbed before a good fire, with flannels, or with a half pound ſmooth lump of camphire;—or till they have ate and drank, and are reſted and warmed in bed. For the Earth, although it acts as a cold bath at firſt, yet in a few hours, eſpecially if the patient be ſtrong and fleſhy, it becomes a tepid or warm bath, ſoaking, ſucking out, and cleanſing the body from all impurities, ſo that we are very ſenſibly chilled with the cold air, on firſt coming out of the warm Earth.

I never found it neceſſary to eat or to drink while I was in the Earth, even for ever ſo many hours.—No, the ſurface of our body and limbs is a mere ſponge or maſs of dry ſand, drinking in with eaſe and avidity whatever is applied to it:—Nature; at every pore of the body and limbs, eats and drinks, like a glutton, at a million of mouths. Nevertheleſs, a perſon who is very cold or weak, may eat a piece of bread, and drink a glaſs or two of wine,—or ſome very thick oatmeal gruel,—or ſome warm and very ſtrong tea, made of roſemary, ſage, mint, peppermint, penny-royal, hyſſop, or of freſh powdered aniſeeds, caraway-ſeeds, or juniper berries, and plenty of honey, treacle, or ſugar, in the tea, made very ſtrong of any one or more of theſe herbs, ſeeds, or ſimilar articles.

It is a matter of the utmoſt importance that delicate, and weak, and emaciated patients be not left alone, while they are in the earth, nor ſuffered to ſleep, but that they be continually attended to, and cheared, and excited to ſpeak, or to read, or to ſing, that they may derive all the good poſſible from this moſt natural of all remedies: and the more that they and every perſon ſmell at the Earth while they are in it the better,—with clear and open mouth and noſtrils, eagerly drawing into their lungs, the ſweetly refreſhing effluvium.

In caſes of deformity, or crookedneſs of the ſpine or back-bone, breaſt, or limbs, of young ſlender FEMALES, or males, who outgrow their ſtrength, and the recruiting ſupplies of nature, between the ages of eight and eighteen, this judicious and long continued Earth-bathing, or alternated with ſea-bathing, and long and violent rubbing with the ſea-ſand, and plenty of mild, ſimple, nouriſhing living food, and freſh air and exerciſe, and looſe warm clothing, are the only natural and effectual means of cure that I know in the world,—and I have known them to ſucceed moſt aſtoniſhingly.

If any one wiſhes very highly to improve and to enrich the Earth which they intend to bathe in, let them plough, harrow, dig, or turn over the Earth, every month, every week, or, if they pleaſe, even every day, ſo as to expoſe it, as much as poſſible, to the action of the ſun, moon, ſtars, planets, and to the whole hoſt of the celeſtial ſpirits, effluxes, and influences,—and to the air, rains, dews, ſnows, froſts, &c. and if they deſire to have it as rich and as medicinal as it can poſſibly be made by nature and by art,—beſides the grand expoſure to the other elements and influences, as above directed, and to the exciting and mellowing attritions of all its parts and particles, by the very frequent application of the plough, harrow, ſpade, hoe, &c. let them mix together a large quantity of freſh ground Wheat-bran, freſh ground Oak-bark, from the Tanner's, and freſh ſawed Lignum Vitæ Sawduſt from the Ship Block Maker's;—and with them plenty of rough Saltpetre, Bay Sea-ſalt, and Pot or Pearl Aſhes;—and Juniper Berries, beat into a ſmooth paſte,—Native or Crude Camphire, powdered,—and the whole mixed together, and then mingled with ſome pure Honey, eſpecially Mountain or Heath Honey in the Comb;—and then ſprinkled upon, and wrought into the Earth, with much ploughing, harrowing, digging, opening, and turning

over with ſpades, hoes, &c. *or* by trenching it, or laying up in little hillocks, like hay-cocks.

Bathing in naturally good and well ſituated Earth, with a ſouthern or weſterly aſpect, and enriched with plenty of the above compoſition, and concocted by genial ſuns, rains, and breezes,—will bid fair, not only moſt radically, to cure any and every ſpecies and degree of diſeaſedneſs, that is in its nature or ſtage at all curable, but to give perfect purity, ſmoothneſs, and roſy beauty, and ſtrength of perſon, and to prolong human life, and the mental faculties, to the very longeſt poſſible period,—even perhaps far, far beyond an hundred years;—eſpecially if, to this Earth-Bathing, we add conſtant and univerſal purity, ſimplicity, and moderation in eating and drinking,—very early hours of reſt and riſing,—freſh open air, day and night,—and if all theſe means be accompanied, conſecrated, and crowned with a virtuous, beneficent, and truly religious life.

N. B. This Pamphlet is a ſhort and haſty extract from a far larger and more methodical work, which I wrote on this curious and moſt important ſubject, ſeveral years ago, while I was reſiding on Blackſtone Edge Mountains, in Yorkſhire, between Halifax and Rochdale,—but which I have not yet had an opportunity of printing and publiſhing.—This pamphlet, however, is the only thing that ever was publiſhed on the ſubject of Earth-bathing, that I know of, in the world;—and I will be much obliged to any perſon who can communicate to me any thing of importance on this public and very intereſting ſubject.

General Inſtructions to the Perſons who conſult Dr Graham as a Phyſician.

1. IT is requeſted that every perſon who applies to him, will, (to the beſt of their knowledge) ſpeak or write nothing but the bare, ſtrict, literal, and ſimple TRUTH! as upon ſo doing, their temporal and eternal honour, intereſt, and happineſs, ſo very greatly depend;—and Dr Graham, GOD aſſiſting him! will himſelf, moſt ſtrictly and invariably practice THIS, and all the other moral and religious precepts which he gives to others.

2. It will be unreaſonable for Dr Graham's Patients to expect a complete and a laſting cure, or even great alleviation of their peculiar maladies, unleſs they keep their body and limbs moſt perfectly clean with very frequent waſhings,—breathe freſh open air day and night,—be ſimple in the quality, and moderate in the quantity of their food and drink,—and totally give up uſing the deadly poiſons and weakeners of both body and ſoul, and the canker-worms of eſtates, called foreign Tea and Coffee, Red Port Wine, Spirituous Liquors, Tobacco and Snuff, gaming and late hours, and all ſinful, unnatural, and exceſſive indulgence of the animal appetites. and of the diabolical and degrading mental paſſions. On practiſing the above rules,—on a widely open window day and night,—and on waſhing with cold water, and going to bed every night, by eight or nine, and riſing by four or five, depends the very perfection of bodily and mental health, ſtrength and happineſs.

3. The medicines, regimen, and external applications which Dr Graham recommends, muſt be continued, daily, (if no real bad effects are found from them) till a perfect cure be obtained and confirmed:—In a word, all Dr Graham's verbal, written, and printed advices, muſt be chearfully, faithfully, and ſteadily obſerved and practiſed,—heartily and continually imploring the bleſſing of GOD on the means we uſe through our deareſt Lord JESUS CHRIST! the only-begotton and well-beloved Son of GOD! the alone—the only poſſible Saviour of mankind,—and doing every thing in his moſt ſacred and wondrouſly powerful Name.

4. The Doctor's hours at home for ſeeing Patients are, in general, daily, from eight till four o'clock. Patients are deſired to bring with them every time they return, the *writings* which they have formerly received from him; and when cured, if their caſe has been ſingular or very bad, to favour him with a verbal or written account of their caſe and cure, to direct, regulate, and confirm his practice in future ſimilar diſeaſes.

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many others of the first nobility, both in Church and State, in Europe;—who, for the encouragement of the afflicted, and the general benefit of mankind, were pleased, *voluntarily and unsolicited*, to honour Dr Graham with the above-mentioned certificate.

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of the Majeſty of the KING and ROYAL FAMILY of *Great-Britain*—which is *yet* the envied garden of liberty—of religion—of the world.

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Fourthly, This original, eccentric, and moſt important *Work*, is concluded with a ſacred deſcription, and earneſt recommendation of the moſt divinely amiable, and moſt eſſentially proper conſort to whom the *Prince of Wales* can poſſibly be united—both for his Royal Highneſs's own—for his *Auguſt* families—and for the people of *Great-Britain*'s trueſt and greateſt proſperity and happineſs—mental, as well as corporeal and contingent—eternal, as well as temporal and evaneſcent. And to calm the breaſts of the *European* fair ones, *(to ruffle which, is deformity, tempeſt, torture)* be it here whiſpered, that the ever-young—ever fragrant—and ſupremely beautiful Lady, who is here pourtrayed, and ſo energetically recommended to our Meridian *Prince*, is of imperial—of celeſtial birth!—that ſhe is no other than evangelical wiſdom! the virgin daughter of the Great *King of Kings!!!*

The above work has been written and finiſhed now near two years;—the principal part of *it* is finally corrected for the preſs:—and it will be found, 'tis hoped, an uſeful monitor to every private family or perſon who deſires to be perfectly pure and ſound in body, and ſublimely ſerene in mind;—a ſure and all-healing guide to HONEST Gentlemen in every department of the *Medical Faculty*;—ſupremely ſatisfactory to the Honourable and Right Honourable Members of both Houſes of Parliament;—and, even now, to the KING HIMSELF not diſſerviceable.

HIS MAJESTY, by the ſkill and care of his *Phyſicians* and *Friends*—by the ſuſpenſion of certain mechanical cauſes of his malady—by hot efferveſcencies ſubſiding—by depurations, and critical depoſitions and evacuations of morbid humours—by collapſing organical diſtentions of the brain—by certain ebbings, and other efforts of nature—but eſpecially by the moſt critical interpoſition of the infinite power and goodneſs of GOD! having, it ſeems perfectly recovered his former health of body and of mind, juſt about the time that Dr. G's *Work* was finiſhed for *printing*;—was the reaſon for *its* not appearing ſooner to the public eye. He hopes, however, that, when aſſiſted by the all-wiſe and wondrouſly good providence of GOD! it ſhall be uſhered into the light, it will prove a ſterling and a ſtanding ſyſtem of health and of happineſs to mankind in general, a thouſand ages hence—(If it ſhall pleaſe the SUPREME *Creator*, *Preſerver*, and *Controller* of the UNIVERSE! ſo long to continue this world and its inhabitants in the States in which they at preſent are):—For although that the late ſevere indiſpoſition of our very amiable, and very much-beloved SOVEREIGN, was the motive of this book being written—tho' the Hemorrhagy of the national heart be now ſtopped, and the vital ſoul of loyalty and ſecurity gladdened, by HIS MAJESTY's moſt happy Recovery, yet the AUTHOR of the BOOK truſts, that, when publiſhed in the *Engliſh* and in other *European* languages, *it* will be the means of ſubduing, expelling, and eradicating any ſpecies of morbid Virus, or Impurity, which may be inſidiouſly latent or lurking, or more furiouſly and fatally fermenting, in the blood and other juices of his fellow-creatures at large;—enriching impoveriſhed fluids—ſheathing bracing, and ſteadying tremulous and ſubſultory nerves—embalming and invigorating relaxed, quivering, and convulſive muſcles—compoſing, at the ſame time, agitated and tumultuous ſpirits;—arranging, comforting, and aſſuring—deranged, agonizing, and horror and Panic-ſtruck minds,—or, in other words—diſſipating the clouds and ſtilling the ſtorms of intellectual darkneſs, diſtraction, and deſpair, and ſweetly and ſerenely ſhining, as a Summer's ſun in a blue ſky, after gentle rain, on ſunk and ſhrivelled ſouls—on fainting and forlorn ſpirits, refreſhing them—kindly conſtraining them to be happy—yea chearing, harmonizing, expanding, and elevating them from a world of peace and beauty here—to thoſe high, glorious, and harmonious manſions of everlaſting light, life, and felicities!—where they ſhall baſk in bleſſedneſs under the eternal meridian of JEHOVAH's day!

F I N I S.